

Superior School Menu

October 2020



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breakfast Pizza Country Steak, Cheesy Potatoes, Green Beans	2 Cinnamon Roll Hot Ham & Cheese Sand. Goldfish & Fresh Fruit
5 Apple Cinnamon Toast Fish 'Wich, Mac & Trees, Craisins	6 Pumpkin Choc. Chip Muffin Taco Salad, Taquito & Corn	7 Biscuits & Gravy Tuna Sandwich & Tomato Soup, Peaches	8 Mini Creamy Cheese Bagel Pizza Pockets, Side Salad	9 Donut & String Cheese Cheeseburger & Fries, Fresh Fruit
12 Bagel & Cream Cheese Pulled Pork Sandwich, Coleslaw	13 Banana Choc. Chip Muffin Egg Roll, Stir Fry Veggies & Mandarin Orange/Pineapple	14 Cereal & Yogurt Chili & Cinnamon Roll, Side Salad	15 NO SCHOOL * MEA*	16 NO SCHOOL * MEA*
19 French Toast Sticks Hot Dogs, Mac & Cheese, Carrots	20 Apple Spice Muffin Nachos, Refried Beans & Corn	21 Breakfast Sandwich Cheesy Potato Soup, Side Salad & Crackers	22 Breakfast Burrito & Salsa Cowboy Casserole, Green Beans	23 Apple Breakfast stick Chicken Patty Sandwich, Chips, Frozen Fruit cup
26 Breakfast Bar & String Cheese BBQ Rib Sandwich, Baked Beans	27 Carrot Cake Muffin Chicken Stir Fry, Fried Rice & Mandarin Orange/Pineapple	28 Waffle & Strawberries Chicken Noodle Soup & Apple Crisp	29 English Muffin & Jelly Chicken Drumstick, Mashed Potatoes & Corn	30 Cereal & Gogurt Cheeseburger & Fries, Fresh Fruit

MENU SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY

Apples are this month's Harvest of the Month. Did you know...

- Apples are in the fruit food group.
- There are over 7,500 varieties of apples grown worldwide and 2,500 are grown in the US. However, only a handful of varieties are commonly found in grocery stores today.
- Apples were brought to the United States in the 17th century.
- The Bitterroot Valley and other areas in the western and south-central part of Montana are the largest apple producers in the state.

To learn more about Montana Harvest of the Month visit:
www.montana.edu/mtharvestofthemoth

